

PSA 30 Component Meal Pattern

PROVIDER:									
MENUS APPROVED BY:							DATE:		
MENU PATTERN									
	MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY
MEAT (3 oz cooked edible portion ⁴) List portion size & food components of all extended entrees. (e.g. casseroles)									
VEGETABLES¹ (1-2 half cup cooked servings or 1 cup raw leafy vegetables)									
Fruit (1 half cup serving)									
BREAD /GRAIN² (1-2 servings)									
DESSERT³ (Optional)									
FORTIFIED MILK (8 oz serving) Non-Fat, Low-Fat, or Buttermilk									
Key Nutrients Specify total mg of vitamin C and mg of Sodium contained in the meal.		mg Vit.C		mg Vit. C		mg Vit. C		mg Vit. C	mg Vit C
		mg Sodium		mg Sodium		mg Sodium		mg Sodium	mg Sodium

NOTE: This menu pattern is designed for a 70+ year old female whose activity level is sedentary.

Updated June 2018

Vitamin A Source – 233 µg three times per week *

Vitamin C Source – 25 mg daily +

¹ USDA recommends eating a variety of vegetables, especially dark green vegetables, red and orange vegetables, and beans and peas. PSA 30 suggest 2 servings of vegetables and fruit served as dessert.

² One half of all Bread/Grains must be whole grains

³ Use fruit as a dessert as often as possible, limit sweets – The fruit and grains served in dessert can count towards the fruit and/or grain requirement.

⁴ PSA 30 standard is 3oz Meat when whole meat or 2 oz minimum for casserole dishes, 2oz edible portion when bone-in..